

ARIC MANUSCRIPT PROPOSAL FORM

Manuscript #042

1. Title (length 26):

Diet and Ultrasound Measurements

2. Writing Group (list individual with lead responsibility first):

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3. Timeline:

Preliminary analyses can be started as soon as this proposal is approved.

4. Rationale:

The relationship between diet and clinical CVD is inconsistent. This paper will explore the relationships between diet and sub clinical disease - carotid atherosclerosis/wall thickness - as measured by ultrasound. Both food groups/dietary patterns and nutrients will be used for analyses.

5. Main Hypothesis:

A diet characterized by high intake of foods high in saturated fat (a high percent of calories from fat) and low intakes of complex carbohydrates/fiber is associated with increased wall thickening. One approach to examine this hypothesis may include using identified ultrasound cases and controls.

6. Data (variables, time window, source, inclusions/exclusions):

Visit 1 data - ID, visit date, original as well as official derived variables pertaining to: foot frequency data, age, sex, race, anthropometry, blood pressure, hypertension, smoking, physical activity, lipids, lipoproteins, blood chemistries, use of special diets. Ultrasound derived variables. Ultrasound case-control matchings.

Keywords: Diet, CHD, wall thickness, ultrasound, case-control